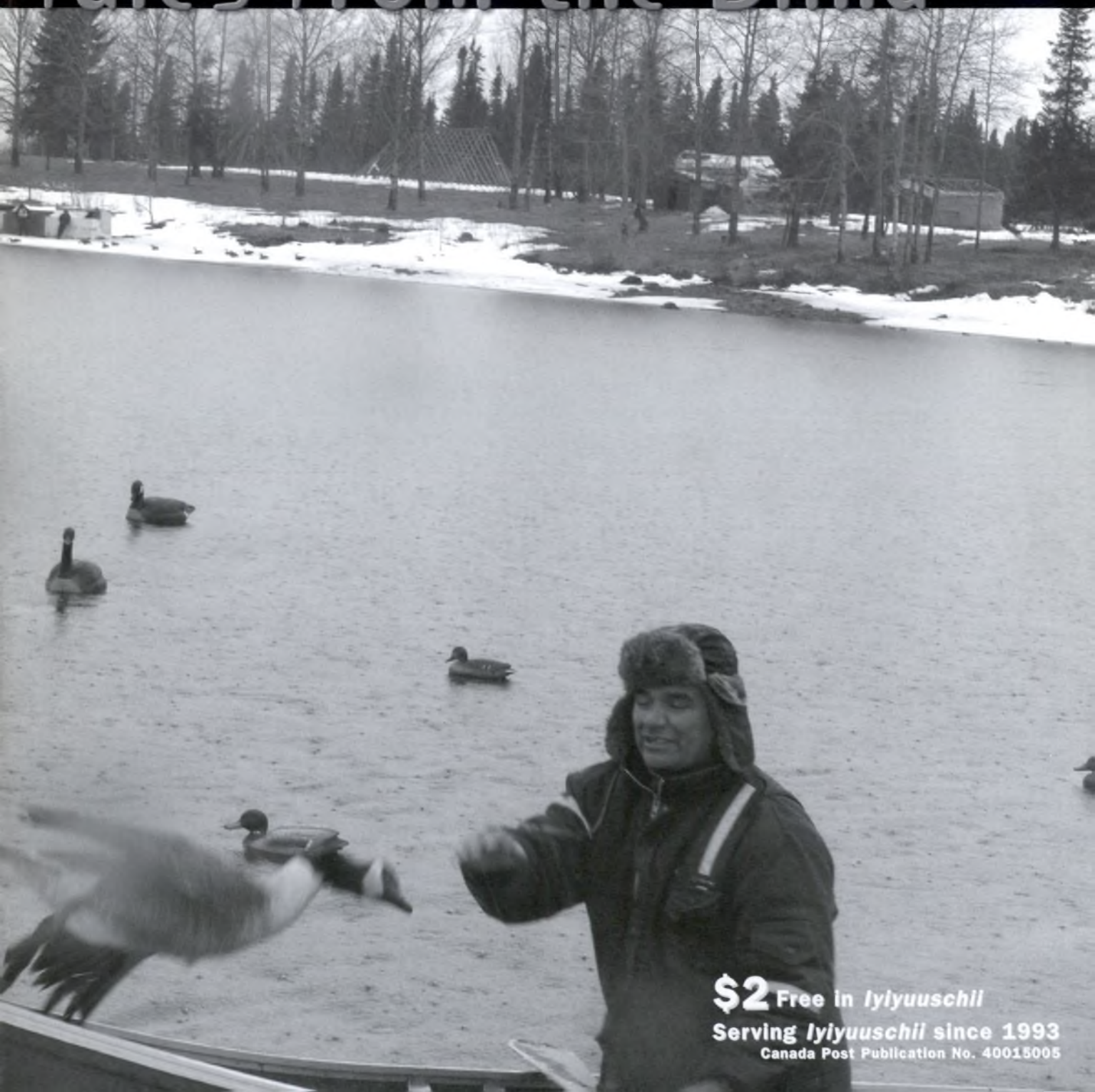
Nation

Volume 11, No. 14 • May 28, 2004

# Tales from the Blind



$2 Free in *Iyiyuuschii*

Serving *Iyiyuuschii* since 1993

Canada Post Publication No. 40015005

Dodge Caravan 2004

# LSA

## La Sarre Auto

### Dodge-Chrysler-Jeep

E-mail : lasarre.auto@sympatico.ca
38, 8th avenue east, La Sarre, J9Z 1K3
Tel : 819-333-2277 Fax : 819-333-4908

## LSA IS BACK IN BUSINESS...

**Jean-Michel and Jean-Jacques Gauthier are finally ready to continue to offer you nothing less than the best place to buy a new vehicule!**

LSA is the only dealership that offers you a free room and board (reservation needed) for our James Bay customers for maintenance and services.

Dodge Durango 2004

# I apologize, you apologize, let's all apologize

*Will Nicholls*

You know it's going to be a really, really bad day when someone steps up to the microphone in a public meeting and begins shouting at you. Your behaviour is described as disgusting. Verbal abuse is heaped on you in liberal doses. The day gets even worse when you are the National Chief of the Assembly of First Nations and the chiefs who elected you less than a year ago are damned mad.

The unexpected attack on Phil Fontaine came at an AFN meeting in Saskatoon May 20. The delegate's name was Dave General, a proxy representing the lower Similkameem in B.C. General was upset over a misplaced apology. From Fontaine. To federal Indian Affairs Minister Andrew Mitchell...

General said the chiefs gave Fontaine direction in the form of resolutions and mandates. Fontaine turned around and apologized to Minister Mitchell for enforcing those resolutions. He reportedly said it was unfortunate he had to do what the chiefs wanted him to do.

This statement has given ample ammunition to the people who have been saying Fontaine is too cozy with the feds. His latest actions have created controversy and give new meaning to Fontaine's mantra of non-confrontation – more a mantra of bended knee as far as I could see. Dave General went as far as to say he didn't appreciate the way Fontaine was groveling to the Minister. The Minister was present at the AFN meeting at the time of the General's outburst.

One person said that General went too far with his verbal abuse and this disrespected the position of the National Chief. B.C. Elder Herbert Morvan said that he apologized for the words his colleague from B.C. used to describe Fontaine. A lot of B.C. delegates stood in support of the Elder's words. On the other side it was felt that Fontaine disrespected the chiefs by apologizing for carrying out their directions. Most telling, however, was that not one person defended or supported Fontaine's public apology.

One of the AFN Regional Chiefs observed that Fontaine has gone back on one of his key campaign promises. "Fontaine talked about unity," he said to the Nation. "Was this unity?"

One chief admitted he voted for Fontaine, but is now reconsidering his support.

Chief Harold Sault of the Lake Helen First Nation said he agreed with the delegate but might have phrased his wording a little differently. He was visibly and verbally upset with the National Grand Chief and said so in the meeting, adding that he supported and understood Dave General's anger.

The AFN should be telling the stories of Aboriginal Peoples across Canada. It should be a strong lobby for Aboriginal rights, not a place where the National Grand Chief apologizes to the federal government for trying to protect Aboriginal rights and carrying out the directions and mandates of the chiefs that make up the AFN.

In any case Fontaine has to start mending fences if he wishes to rebuild credibility with the chiefs and bands across Canada.

# Contents


## editorial

I apologize, you apologize, let's all apologize 3

Rez Notes
Useless Parts 4

## news

In Brief 5

## articles

Tales from the Blind 10

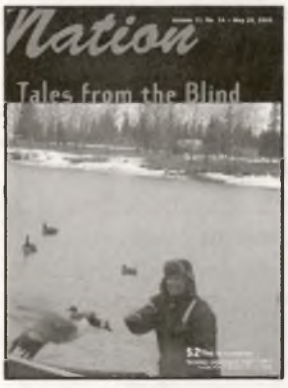
The Nation Awarded 15

Will on the Grill
Duck and Geese recipes 17


## on the cover

Goose hunting in Mistissini

Photo: Will Nicholls
Design: M. Laviolette



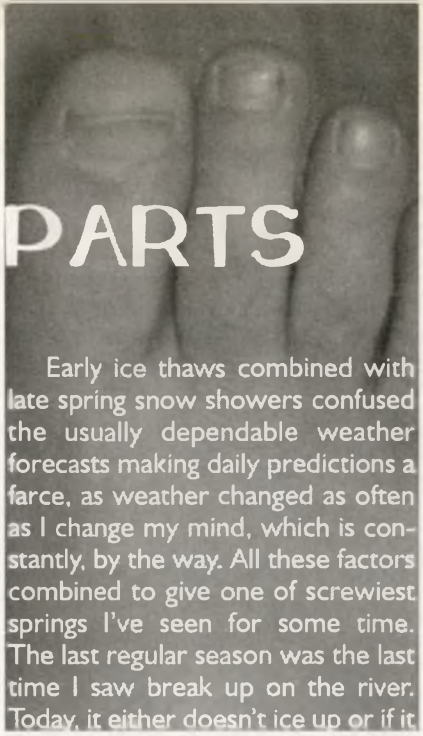
# USELESS PARTS

**By Sonny Orr**

The hypodermic syringe neared my skin and I anticipated its puncture. Oh... yes..., and the pain slipped away. No, I am not shooting up heroin or cocaine; it's my doctor applying anesthesia to my swollen big toe. It has been a constant pain for the last year or so and as I hobbled around gamely, I swore that I would never, ever, again go without protective steel-toed boots or shoes. I've had enough of what sadomasochists call in-grown toenails. Why did God or evolution ever create such a useless piece of protein attached to one of the most sensitive and needed appendages, the toes? How can one tiny piece of your body cause so much pain and misery?

And why does my surgery happen on one of the most productive goose hunting days of all time, with the south wind blowing at 30 knots and the geese taking full occupation of all our senses, rendering everyone (except me) up to Defcon 4 Alert status? Incoming!! God must be angry with me for some reason or else He would have made my appointment with the good old doctor on another day. Perhaps it may be just so, since many geese will live to see another day, that is, if I can't go out hunting.

As I walked (or rather hobbled) around the community, I marveled at the silence of the abandoned ghost town, and wondered how the hunt in the far-off camps was faring. Reports of 40 geese per day's catch at some camps in the recent days offset by returning families who had an otherwise fruitless season balanced out the spring. Most families returned minus the men, who didn't seem to get enough bloodletting for their taste.



Early ice thaws combined with late spring snow showers confused the usually dependable weather forecasts making daily predictions a farce, as weather changed as often as I change my mind, which is constantly, by the way. All these factors combined to give one of screwiest springs I've seen for some time. The last regular season was the last time I saw break up on the river. Today, it either doesn't ice up or if it does freeze, it just melts away quietly on some warm afternoon in late May or very early June. How does that relate to hunting? Quite a bit, from what I understand. Up north, the Inuit don't have access to the ice to travel and hunt upon and that leads to no real place for seal to sun themselves. This leads to hungry and starving polar bears... for some odd reason. I don't really know but I saw it once on the Discovery Channel. What ever it is, it's strange weather.

Not even strange weather or sore toes will hold back the coming spring, and I encourage all those who can, to go out and do your thing in the bush and out on the land, because spring isn't what it used to be and some things we've grown to live by, may have to change.

Someone told me once, that if I can't say anything nice or encouraging, then don't say anything at all. Promote goodness and healthy lifestyles and give hope to the young, they urge. Make people happy. Who am I, Ann Landers? I'm the only guy I know who gets paid to be funny, so there.

*the Nation* is published every two weeks by Beesum Communications

EDITORIAL BOARD
W. Nicholls, L. Stewart, S. Bonspiel, N. Diamond

EDITOR IN CHIEF
Will Nicholls

ASSISTANT EDITOR
Steve Bonspiel

IYIYUU AYIMUUN EDITOR
Brian Webb

COPY EDITOR
Lyle Stewart

CONTRIBUTING WRITERS
S. Orr, S. Bonspiel, tsa, X. Kataquapit

PHOTOGRAPHY
W. Nicholls, tsa, N. Diamond

GRAPHIC DESIGNER
Mona Laviolette

DIRECTOR OF FINANCES
Linda Ludwick

SALES REPRESENTIVES
Aaron MacDevitt, Christina Groom

PRODUCTION COORDINATOR
Danielle Valade

ADMINISTRATIVE ASSISTANT
Tiffany Deer

LAYOUT & PRODUCTION
Mona Laviolette

THANKS TO: Air Creebec

**WHERE TO REACH US:**
POSTMASTER:
5505 ST-LAURENT, #3018
MONTREAL, QC., H2T 1S6
PLEASE ADDRESS CORRESPONDENCE TO:
*The Nation* PRODUCTION OFFICE
5647 PARC AVE. P.O. BOX 48036
MONTREAL, CANADA H2V 4S8
EDITORIAL & ADS
TEL.: 514-272-3077, FAX: 514-278-9914
ADS- VAL D'OR-CHIBOUGAMAU REGION
TEL.: 514-285-8986
*The Nation* HEAD OFFICE
P.O. BOX 151, CHISASIBI, QC. J0M 1E0
E-MAIL ADDRESS:
Editorial: nation@beesum.ca
Ads: aaron@beesum-communications.com
groom@beesum-communications.com
Classifieds: beesum@beesum-communications.com
Web: www.beesum-communications.com

**SUBSCRIPTIONS**
INDIVIDUALS & INSTITUTIONS: $45
ABROAD: INDIVIDUALS: $70 U.S.
ABROAD: INSTITUTIONS: $85 U.S.
PAYABLE TO BEESUM COMMUNICATIONS

PRINTED BY PAYETTE & SIMMS
ALL RIGHTS RESERVED
PUBLICATION MAIL #40015005
ISSN #1206-2642
*The Nation* IS A MEMBER OF:
THE JAMES BAY CREE COMMUNICATIONS SOCIETY,
CIRCLE OF ABORIGINAL
CONTROLLED PUBLISHERS, CANADIAN
MAGAZINE PUBLISHERS ASSN,
QUEBEC COMMUNITY NEWSPAPER ASSN,
CANADIAN COMMUNITY NEWSPAPERS ASSN
LES HEBDOS SÉLECT DU QUÉBEC
WE ACKNOWLEDGE THE FINANCIAL
SUPPORT OF THE GOVERNMENT OF CANADA,
THROUGH THE CANADA MAGAZINE FUND

## Cree man a suspect in death at EM-1

A Cree man is in police custody after the death of a non-native worker at the EM-1 hydro-electric plant. There are fears the incident has led to bad blood between Cree and French-speaking workers at the plant.

Chantal Mackels of the Sûreté du Québec told the *Nation* that 48 year-old Mario Fortin of Chicoutimi was found lying on the ground near a bar just before midnight on Thursday, May 6.

"He was wounded and taken to the infirmary where he was pronounced dead," Mackels said. "Investigators from the major crimes squad arrived at the scene, which led to the arrest of a 20-year-old man, Emmanuel Blacksmith of Mistissini."

Blacksmith is to appear in court on June 14.

The Grand Council of the Cree has condemned the incident.

"It's a very tragic situation," said Brian Craik, spokesman for the Grand Council. "It certainly underlines the fact that worker relations on the site have to be carefully thought out and carefully dealt with by the promoters. It shouldn't be excused as an accident or one-time event. We hope that it is, but in fact what has to be done is to ensure that if there are problems with worker relations that these things are dealt with at their root cause. That's the responsibility as far as I can see of both the promoters and the unions."

Police are not releasing any other information about the alleged crime.

## Mistissini man accused of sexual assault against a minor

A Mistissini man has been charged with sexually assaulting a minor in an incident that allegedly took place April 29 at km 391 on the Route 167 Nord, near the Metawashish River.

Mistissini resident Daniel Beauclaire, 36, will face one count of "inviting, counseling or inciting a person under the age of 14 to sexually touch [the accused], thereby committing the indictable offence provided by section 152 of the Criminal Code," according to the Provincial Crown prosecutor in Roberval, Michel Boissonneault. "The second count, under section 151 of the Criminal Code - [the accused] did, for a sexual purpose, touch a part of the body of a person under the age of 14."

Beauclaire is to appear in Roberval court on May 27 to request a release from custody, under certain conditions. One of these conditions would include staying away from the community.

## Beating suspect to get psych exam

Trevor Eric Spencer, who is facing charges in the brutal beating of three year-old Khayden Otter of Waswanipi, will undergo a psychiatric evaluation to determine if he should be held criminally responsible in the incident.

Spencer, 28, is charged with aggravated assault in the February 8 incident. He also has a prior conviction for assault in 2001 in Manitoba.

The decision was handed down at the traveling court in Waswanipi. "He will be sent to the Pinel Institute [in Montreal] where a psychiatrist will have to evaluate if, at the time of the crime, he was able to separate wrong from right," according to Crown Prosecutor, Christian Leblanc.

## Jonathan Cheechoo out of NHL playoffs

Moose Factory's favorite son, Jonathan Cheechoo, has had his amazing Stanley Cup playoff run come to an end.

After knocking off the St. Louis Blues and Colorado Avalanche in the first and second rounds of the playoffs, most people began to take notice of Cheechoo's up and coming San Jose Sharks.

One thing they didn't count on is running into a gritty, hard-working team like the Calgary Flames. The Flames finished the Sharks off on in Game 6 of their series with a 3-1 victory May 19.

Cheechoo ended up with 28 goals during his sophomore season. He followed that up by finishing third in the Sharks' playoff scoring with 4 goals and 6 assists for 10 points in 17 games.

ᓂᑐᐤᒋᐦᐃᐧᐣ ᑭᔥ ᐊᑭᐦᐃᐊᐧᐊᐃᐧᐣ ᐊ ᓀᓀᑭᐦᑕᑭᓂᐦᐁᐣ

The Cree Board of Health & Social Services of James Bay

# Warmth, wind and dust – *summer's here!*

## The sun and warmth of the summer

are coming: unfortunately summer also brings the annoyance of dust from unpaved roads.

There are a number of good reasons why we should address this problem. The most important is the direct impact dust can have on people's health. Doctors and nurses working in Cree communities have noticed that more people come into the clinic for breathing problems on (or just after) days when the dust levels are high.

Big particles of dust settle down to the ground (or into our furniture or cars!). It is the fine particles which are more of a threat to our health because they remain suspended in the air where we breathe them. Dust may cause particular problems for children, the elderly, people with asthma, people who smoke and people suffering from heart disease.

The Public Health Department has information about the health impacts of dust and ways to reduce dust in the communities. Our long-term goal is to promote the paving of all streets, roads and driveways, and to encourage families and communities to plant trees, lawns and other plants in other areas. While we are working towards this goal, dust levels on roads can be reduced by applying special products. The Public Health Department, as well as the local environment offices, have information about products which are safe for plants, animals and people.

*"Striving to maintain and promote the health of our people"*
*Miyupimaatisiwin aa uhchi pimipiyihtaakinuwich utih iiyiyuu aschiihch*

*Direction de santé publique des Terres cries de la Baie James*
*Public Health Department of the Cree Territory of James Bay*
*Tel: 819.855.9017 • Fax: 855.9031 • bblacksmith@ssss.gouv.qc.ca*

PROCAR BODYSHOP

**PROCAR Bodyshop**
861, route 111 Ouest, Amos, QC
819-732-4787

www.zoomabitibi.com
procar@cableamos.com

If you need ***body repairs*** on your vehicle, Procar Bodyshop is the best and nearest place to do business within the region.

National Car rental®

**Location Élite Inc.**
23, route 111 Ouest, Amos, QC
819-732-2200

www.vw.com
locationelite@cableamos.com

When you ***rent a truck, van or car***, you want the perfect one. ***We've got it!***

**Norauto Inc.**
23, route 111 Ouest, Amos, QC
819-732-5352
***Used Car Center - Best choice in the region***

**TOUAREG 2004 (TOOREG)**
**AN OFF-ROADER - like no other**

## Meeting your EM-1A information needs

If you want to know more about the proposed EM-1A hydro-electric project and are having trouble tracking down information, you can check out a Public Information Office that is now available to answer questions and provide public documents concerning the project.

Created through an agreement with the Cree Regional Authority, the Canadian Environmental Assessment Agency and Environment Quebec, PIO is located in Montreal but can be accessed through a toll free phone number 1-877-880-8378 and on the Internet (www.bip-pio.qc.cq).

"If the Cree want to understand what is going on in their own neighbourhood, they can phone and ask us any kind of question and we look for the right answer and sometimes we have to do some research to find the correct answer," said PIO Coordinator Stella Anastasakis.

The EM-1A project is currently undergoing impact studies. Hydro-Quebec spokesperson Johane Savard says the studies will be released publicly in early October, several months later than the previous projected date of June 30.

"To have a complete report, we have to integrate all the information from all of those who were consulted, the Cree and the non-natives," Savard said in justifying the delay.

There are 319 documents available right now. They include the environmental process, the directives given to Hydro-Quebec and Société d'Énergie de la Baie James for the public evaluation statement, transcripts for last year's public hearings, and information on the mercury studies completed before the impact study commenced. You can also find the evaluation process, statements about the evaluation of EM-1A and the Rupert Diversion, what the steps are and who is responsible for the next steps.

Currently, the Internet site receives more than 100 hits a month, while the calls are sporadic, says Anastasakis. Inquiries are largely from professionals working in the north, teachers and students. The questions asked are about regulations in the directives, how to find information about fish and fisheries and protecting them, about mercury and health studies. The PIO does the research and tells where the information can be found or photocopies of the document are sent.

Eastmain Workcamp

## E-Spirit Business Plan Competition targets youth for entrepreneurial fun

With more than 20,000 Aboriginals running their own businesses, Aboriginal communities show higher rates of new business creation and self-employment growth than the Canadian average, according to the Business Development Bank of Canada (BDC).

If you are a high school student, there is an interesting way to learn about owning and running your own business. The BDC holds an annual E-Spirit Business Plan Competition to give Aboriginal high school students a hands-on experience to being an entrepreneur, while at the same time familiarizing them with the Internet and its resources.

"They also learn about teamwork and about setting and achieving goals in life, whether these goals relate to their education, finding a job or starting their own business," says André Bourdeau, BDC's acting President and CEO.

Schools with teams of two to four students who have a business idea can participate, so long as they have access to the Internet and a teacher or counselor willing to help. If the school has not previously competed in the E-Spirit competition, they are given a new computer to access Internet resources. Through this method, with the help of the teacher, students learn chapter by chapter how to go about developing their business plan.

Teams are also assigned an experienced businessperson as a mentor, who will answer any and all questions students have.

At the end, teams are expected to give an oral presentation in addition to business displays that include posters, detailed three-dimensional mock-ups, product samples, business cards, promotional videos and laptop demonstrations.

**continued on page 9**

ᓂᐧᑐᐦᐃᐧᐃᐣ ᑭᔾ ᐧᐃᑭᐦᐃᐧᐃᐧᐃᐣ ᐃ ᓀᓀᑭᑭᐦᑕᑭᓂᐧᐠ

# The Cree Board of Health & Social Services of James Bay

**The Cree Board of Health and Social Services of James Bay (CBHSSJB) is responsible for providing health and social services - for all 14,000 Cree and non-Cree residents in the nine Cree communities of Eeyou Istchee. The CBHSSJB operates Multi-Establishments (CLSCs, Youth Protection/CSS, Hospital, Patient Services, a Reception Centre, two Group Homes and a Public Health Department) with a budget of approximately $69 million dollars and approximately 500 employees full time. The CBHSSJB is identified as Region 18 of the MHSSQ Network and operates in accordance to Section 14 of the James Bay Northern Quebec Agreement (JBNQA). We are looking for an...**

## Executive Director

**The Role**

- Responsible, under the authority of the Board of Directors, for the administration and operations of the Cree Board of Health and Social Services of James Bay;
- Ensures that the resolutions of the Board of Directors are carried out, and submits all necessary items to the Board of Directors for its approval;
- Ensures the planning, organization, coordination, implementation, evaluation and controls for the quality and accessibility of all the client-centered and community-based services and programs provided to the population, as well as the human resource development activities to support these goals;
- Ensures the effectiveness and efficiency of human, financial, material and information resources systems to support the goals of the organization;
- Carries out all the duties inherent to the position or requested by the Board of Directors.

**The Challenges**

- Implementing a 5 year Strategic Regional Plan while delivering the required services to the population;
- Organizing and supporting the accountability process in the implementation of the Strategic Regional Plan both at the regional and local level;
- Integrating the Eeyou Nation Vision Statement on Health and Social Services into the intervention philosophy and objectives of the organization, and its services, administration and operations;
- Implementing an Eeyou Nation holistic approach to health and well-being according to Cree values and Traditional healing practices;
- Planning and managing the development of new services, programs, departments and capital projects, as well as the enhancement of present services;
- Developing and implementing a comprehensive Human Resources Development Plan as well as a Medical Manpower Plan.

**Profile**

- A leadership style which encourages participation and commitment to organizational objectives, and the valuing of the contribution of the staff;
- A leader with excellent communication and people skills;
- A strategic vision of organization, and sensitivity to changes in the needs of the Cree environment;
- A highly developed decision-making capacity and experience in change management;
- A management approach focused on effectiveness, and tangible results;
- A proven track record of exceptional organizational performance;
- Ability to maintain excellent relationships with partner organizations.

**Requirements**

- Masters Degree in Administration, or a Masters Degree in a health or social services discipline, or equivalent knowledge and experience to a Masters Degree in Administration, or five to seven years experience in Executive or Senior Management;
- Fluent in English, and a working knowledge of Cree and French are assets;
- Knowledge of First Nation health and social service issues, practices and trends, as well as postcolonial issues;
- Knowledge of the Cree Language, Cree Culture and Cree milieu are valuable assets.

**Conditions**

Based in Chisasibi, the remuneration and social benefits are according to the policies applicable to (hors cadre) administrators in the MHSSQ network, and the Cree Board of Health and Social Services of James Bay (class 26). In addition to the usual fringe benefits, the employer provides the housing, defrays the moving and storage costs for employees recruited further than 50 kilometers. There is a northern allowance of $6,773 to $10,834 and 3 or 4 sorties, depending on the incumbent's status (single or with dependants).

If you are interested in leading the continued development of our dynamic organization, please forward a copy of your degree, a brief statement of your philosophy of a First Nation Health and Social Services, a covering letter describing your interest and established qualifications for the position and a copy of your current resume by mail, post-marked before midnight of June 4, 2004 to the following address:

***Mrs. Dianne Reid***
President of the Selection Committee for the Executive Director
Cree Board of Health and Social Services of James Bay
P.O. Box 250
Chisasibi, Quebec
J0M 1E0

**For confidentiality purposes, CVs sent by fax or email will not be accepted**. Information about the position may be obtained by calling: ***(819) 855-2844.*** *We thank in advance all who apply.*

continued from page 7

# LOOKING FOR THE Nation?

***You can pick it up at any of the following places:***

**Chisasibi:** Niskafe, Northern Store, VJ's Video

**Eastmain:** Eastmain Grocery

**Mistissini:** Band Office, Meechum Store

**Moosonee:** MoCreebec, Northern Store

**Nemaska:** General Store, SEBJ/Nemaska Camp

**OJ:** Band Office

**Washaw Sibi Eeyou:** Band Office

**Waskaganish:** Northern Store

**Waswanipi:** Oudaa Store

**Wemindji:** Northern Store, Sam's Video & Coffee Shop

**Whapmagoostui:** Band Office, Sandy's Corner Store

**Chibougamau:** Cree School Board, Cree Indian Centre, Sodexo/Marriott Hotel

**Hull:** Cree School Board

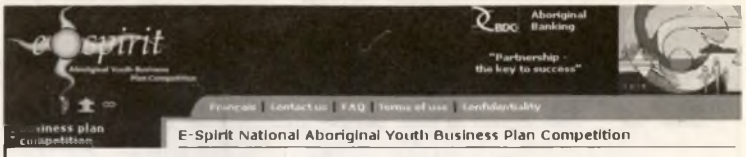
**Montreal:** Air Creebec, Cree School Board, Grand Council of the Crees, Cree Board of Health, Native Friendship Centre

**Ontario: Attawapiskat First Nation:** Band Office; **Fort Albany:** Band Office, The Coffee Cup; **Kashechewan:** Band Office; Timmons Gold Mine Tour

**Val d'Or:** Air Creebec, Native Friendship Centre

*Know of another place or still can't find it?*

***Call us @ 1-877-814-9011 and let us know!***


e-spirit
BDC Aboriginal Banking
"Partnership - the key to success"
Français | Contact us | FAQ | Terms of use | Confidentiality
E-Spirit National Aboriginal Youth Business Plan Competition

"E-spirit symbolizes education," says Dr. Lillian McGregor, an E-Spirit Elder. "It has enhanced the participants' knowledge of technology and in what can be accomplished by its limitless boundaries."

The 2004 E-Spirit theme was "Know No Boundaries." The competition involved 147 teams from 82 schools and over 545 students from across Canada. Cash prizes of $2,500, $1,500 and $750 go to the top three schools. Nine special achievement awards were also presented at the end of competition gala ceremony that was held in Prince George, B.C.

The winning team from North Bay, Ontario, had a business plan for a convenience store, selling pop, chips, candy and videos, with a snack area. The second-place team from Port Elgin, Ontario, came up with a Native clothing business and the third-place team from Edmonton developed a special events planning company.

"Students enrolled in this competition have grown in self-confidence, self-esteem and they leave motivated," said Jim Richardson, National Director of Aboriginal Banking at BDC. "This competition provides scholars with skills they cannot learn in a classroom. The quality of the business plans, the videos, the oral presentations and trade booth displays is fantastic."

The BDC is a financial institution owned by the Canadian government. BDC plays a leadership role in delivering financial, investment and consulting services to Canadian small businesses with particular focus on the technology and export sectors of the economy. They even offer financial support for youth between the ages of 18-35 for any commercial project.

Check out http://strategis.ic.gc.ca/epic/internet/inabc-eac.nsf/en/Home for more information. To learn more on BDC's business plan competition, surf over to www.espirit.bdc.ca or call (514) 283-7929.

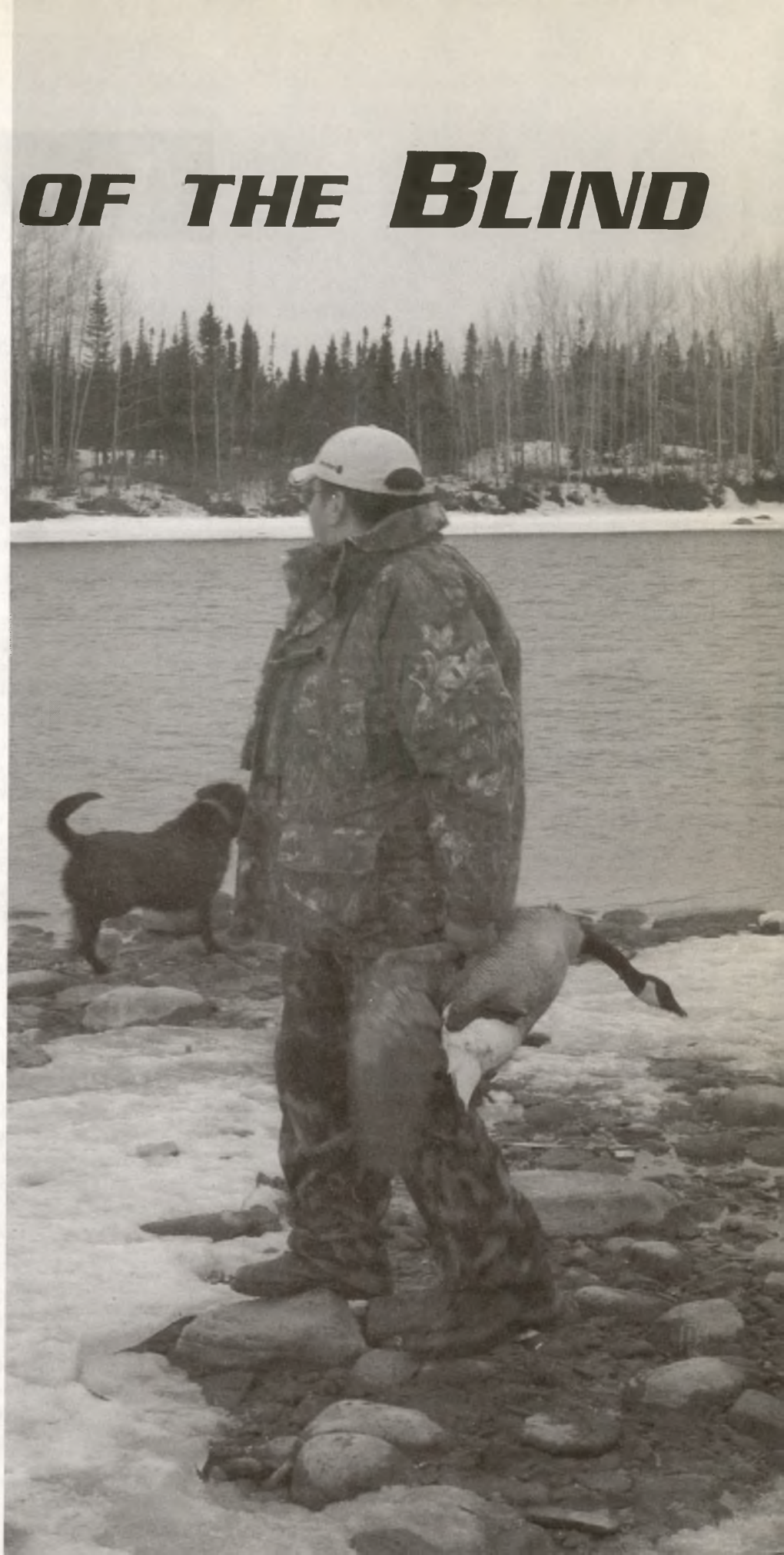
## Attawapiskat evacuated

All 1700 members of the Attawapiskat First Nation were airlifted into Moosonee after ice damming on the River threatened the village with extensive flooding. 800 people were evacuated on May 20, the rest were evacuated the next day.

It's not known at this time how long they will be away from there homes or the amount of damage that has been caused by the flooding.

# TALES OF THE BLIND

BY WILL NICHOLLS



## Ah, goose break.

Before it happens you feel the tension, excitement and anticipation all wrapped up in one big ball at the pit of your stomach. It doesn't matter how old you are or what gender you may be, the tradition takes hold of you.

Since time immemorial, we Crees have waited for the geese to return and bring with them the promise of spring. It is then that we know the harshness of winter is over and life will begin to flourish once again in Eeyou Istchee. As every Cree knows, this is a special time of year. Band offices and schools close down as families get ready to travel to hunting spots.

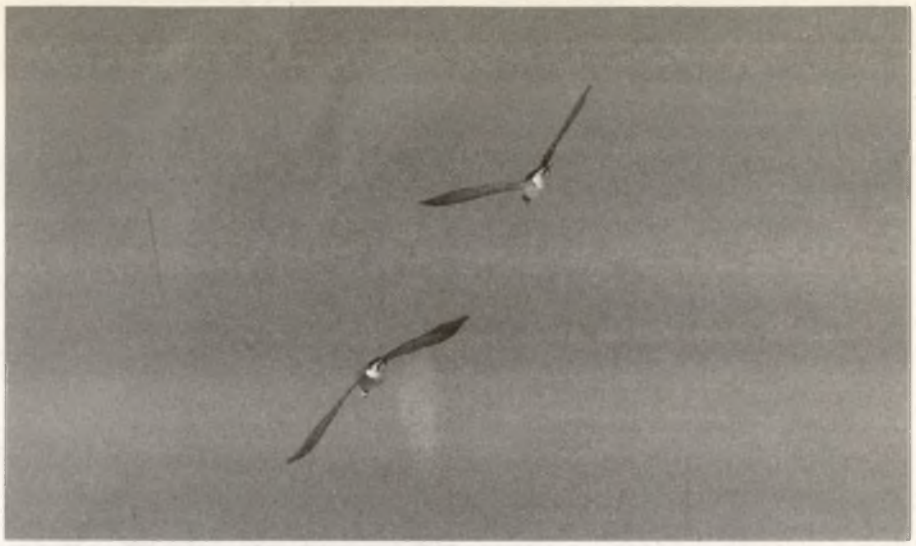
It is a time of coming together for Crees. We all work together to make it happen as family and as friends. We will, if we are in the bush, be living in close quarters so we will be talking together between generations. Not only will we be learning and teaching but we will be sharing. We will share stories of past hunts, or what has been happening since we last were together in this fashion. We will be sharing stories of those who have passed on.

Those memories are precious and are sometimes the only way that a grandmother or a great-grandfather will be remembered by their offspring and descendents. I can hear the laughter as a favourite tale is told and I can see the seriousness of

young eyes as a particular adventure is recounted.

I know one story about my great grand-father, William Matoush. When my uncles were young and traveled with him to check beaver traps, he would always give them a piece of tanned rabbit fur to keep in their pockets. They were curious as why he would do this and asked him why. "Never mind," he would reply, "I'll tell you when the time is right."

One day it was extremely cold and got even colder while they were out checking the



traps. They stopped for tea and that was when Joomsum said they should get out the fur. He proceeded to put it down in the front of his pants explaining they should do the same to protect their privates. It was in order to protect future generations of Cree he laughed. I often wondered why he didn't tell them about this before but I guess he knew young boys and rabbit fur better than I did.

The story still pops up every now and then but not as often as one of my experiences. I had a new gun and it wasn't sighted in.

# www.HarricanaAventures.com

Harricana Aventures
211 Principale Sud Street
Amos, Québec
1 888 550-2667

Husqvarna 55 Rancher Chain Saw
With Transport Case Free!

On sale until quantities last.

~~$629.99~~

ONLY $499.99

With Harricana Aventures Credit Card, you'll have 6 months without payment or interest.
**You can call to order**
C.O.D Accepted

MasterCard VISA

Husqvarna

---

MOTO SPORT LA SARRE INC.
DEPUIS PLUS DE 25 ANS

WE SHIP THROUGHOUT
THE NORTH FROM THE NORTH

## *Ready for Goose Break?*

Reserve your Merchandise Now

SPECIAL
New Dealer **Jonsered**

**Chainsaw**

**Liquidation on all Snowmobiles**
new and second-hand in stock

Buy all your parts and accessories and don't pay for 30, 60 or 90 days

Open an account with us over the telephone:

## Toll Free: 866-333-7227

**Snowmobiles**
new & used

**427, 2e rue est La Sarre, QC**
**F: 819-333-3211**
www.motosportlasarre.com
msls.stefan@cablevision.qc.ca

**Honda Generator**
**Limited Quantity**

**ATVs**
new & used

I was young and very self-conscious in those days. You could almost say I was shy... when hunting. I was out with uncles, cousins, friends, brothers and other assorted riffraff and we stopped at a place to see if there were any bears in the area.

Some of my fellow hunters egged me on to try out my new gun and sight it in. It was recommended and stressed that I shoot at this whiskeychan.

Finally bowing to the peer pressure, I shot and get this, missed! Slightly embarrassed, I followed the whiskeychan with my gun vowing silently to erase the shame of missing a shot. Remember I was young.

As I followed the whiskeychan it came closer and closer and even closer. To my utter horror and to the delight and howls of laughter of all the other hunters it landed on the end of my gun. I guess it knew it was the safest place for it at the moment and that way it could continue to laugh at me and my shooting. Since then I have always gone on the land with humility in my heart. A little bird taught me that important lesson with one landing.

These are a couple of the tales of the goose blind. A little humour combined with a lesson. But spending the time in the bush is more than just telling tales or being with family and friends. It is a time of reconnecting with the land, when Crees are Crees and they take responsibilities for being a part of Eeyou Istchee.

Our forefathers became part of the land and the part they played was one of a hunter/gatherer culture. In doing so they became part of the balance of nature. It is important to remember and celebrate those roots and the part they play in our lives today. We must never forget who we were to know who we are.

# MOTEL Harricana Inc.

1000, 3e Rue,
Chibougamau,
G8P 1R7
Tél.: (418) 748-7771
Fax: (418) 748-2887

CHAMBRES

**Chambres**
3 Suites avec bain masseur et salon, bar, lit 60x80
7 Luxueuses avec bain masseur et salon, bar, lit 60x80
31 Spacieuses avec lit 60x80
58 Conventionelles 1 lit ou 2 lits

**Chaque chambre comprend:**
TV couleur 26" • Radio réveil • Vidéo cassette
Séchoir à cheveux • Bureau de travail

SERVICES

**Services**
• Service de buanderie
• Service de location de cassette
• Service de télécopieur
• Service de téléphone

**Bar Des Rapides**
**Salle à manger Les Captures**
**Bain tourbillon masseur**
**Piscine**
**Salle de conférence et réception**

Propriétaire: Roger Pearson



SECRÉTARIAT AUX ALLIANCES ÉCONOMIQUES DE LA NATION CRIE -ABITIBI-TÉMISCAMINGUE

SECRETARIAT TO THE CREE NATION - ABITIBI-TEMISCAMINGUE ECONOMIC ALLIANCE

ᐁᒪᒧ ᓂᑲᓇ ᐊᐢᒋᒧᐎᓐ

## "CONFERENCE, EXPLORATION – MINES"

Which was held on May 26-27, 2004

**WE WISH TO SINCERELY THANK EVERYONE FOR MAKING THIS A MEMORABLE EVENT!**

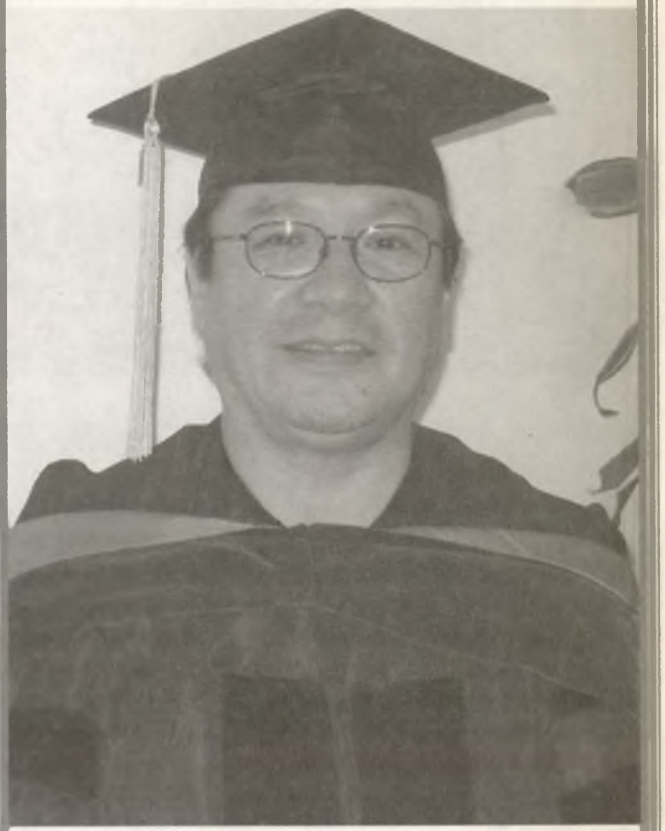
Partners
Sponsors
Honorary Co-presidents
Guest Speakers
Facilitators
Participants
Volunteers
And all organizations who have contributed to this event.

**THANK YOU!** **MEEGWETCH!**

For a follow-up, please visite our website at:
www.creenation-at.com

624, 3rd Avenue, Val-d'Or, Quebec J9P 1S5
Tel: (819) 824-9888 Fax: (819) 824-9588
Saencat@cablevision.qc.ca


# KENNY LOON, LL.B., LL.M.



With Warmest Congratulations on receiving your Master of Laws Degree in Indigenous Peoples Law and Policy from the University of Arizona on May 15, 2004.

We wish to thank the CSB for the financial assistance, and the moral support and the encouragement we received from our family and friends. Our Dad spent the entire academic year in Tucson, Arizona, by himself while we remained in Ottawa. We're very happy to have you home, Dad. We're very proud of your accomplishment.

From your wife, Wanda and all your children, Robin, Nathan-John, Erik, Natasha, and Jennifer.

# The Nation takes home 7 newspaper awards

WILL NICHOLLS

The Nation took home seven awards at the 24th annual Quebec Community Newspaper Awards held May 14 at McGill's Macdonald campus in Ste. Anne-de-Bellevue.

These awards recognize the best individual writing and photographic entries for the year 2003. In all, there are 32 newspapers from across Quebec that compete in 35 different categories.

We'd like to congratulate the following people who brought home a QCNA award:

Christina Groom:
Salesperson of the Year

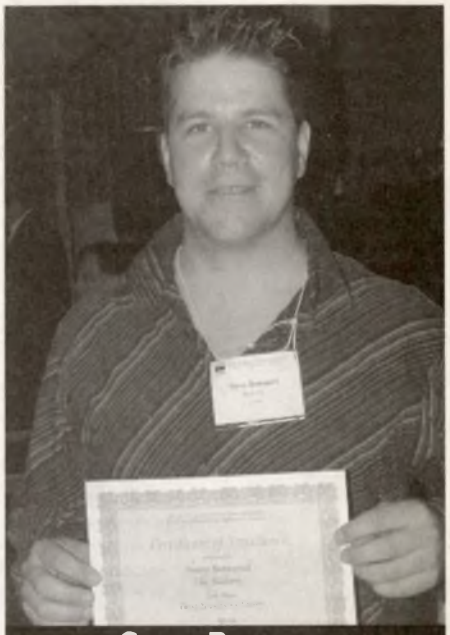
Will Nicholls:
2nd place for Best Investigative/ In-depth Story

The Nation:
2nd place for Best Ad

Steve Bonspiel:
2nd place for Best Business Story
3rd place for Best Community Health Story

Danielle Valade:
3rd place for Best Feature Story
3rd place for Best Photo Essay

We wouldn't have been able to do it without the support of the people of Eeyou Istchee and for that, we thank you!



STEVE BONSPIEL

CHRISTINA GROOM

DANIELLE VALADE

THE NATION GANG ARRIVING AT THE AWARDS CEREMONY IN A LIMOUSINE COURTESY OF LIMO DANIEL.

# Healthy Living

Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of the Nation will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

## Chicken and Broccoli in Mushroom Sauce

| | | |
|---|---|---|
| 10 oz | (fresh or frozen) broccoli spears | 284 g |
| 2 cups | diced, cooked chicken pieces | 500 ml |
| | Vegetable oil spray | |
| **For sauce:** | | |
| 1 tsp | light margarine | 5 ml |
| 8 oz | fresh mushrooms, sliced | 227 g |
| 1 1/3 cups | chicken broth | 665 ml |
| 2/3 cup | fat-free evaporated milk (can) | 150 ml |
| 1/4 cup | all-purpose flour | 65 ml |
| 1/4 cup | sliced green onions | 65 ml |
| 3 tbsp | grated Parmesan cheese | 45 ml |
| | a dash of nutmeg | |
| **For topping:** | | |
| 1/4 cup | fresh bread crumbs (or 1/2 slice of bread) | 65 ml |
| 2 tbsp | finely snipped fresh parsley | 25 ml |
| 1 tsp | grated lemon zest | 5 ml |

1. Lightly spray a 9-inch square baking pan with vegetable oil spray.
2. Steam broccoli spears until tender-crisp, then immediately put them into ice water to stop the cooking process. Drain the water and blot dry the spears on paper towels. Arrange them single layer in the baking pan.
3. Place the chicken pieces evenly over the broccoli, then set the dish aside.
4. For the sauce, heat the margarine in a medium non-stick skillet over medium heat. Swirl the butter to coat the bottom. Cook mushrooms covered for 7 to 9 minutes or until their juices are released. Increase heat to high and cook uncovered for 1 to 2 minutes to let liquid evaporate. Set the skillet aside.
5. Preheat your oven to 375 F.
6. Pour both the broth and the milk into a medium saucepan, then whisk in the flour. Bring the mixture to a boil over medium-high heat and cook until thickened, 3 to 4 minutes, stirring occasionally.
7. Stir in mushrooms, green onions, nutmeg and Parmesan cheese. Pour the completed mixture over the chicken and broccoli in the baking pan.
8. In a small bowl, mix together bread crumbs, parsley and lemon zest, then sprinkle over casserole. Bake for 20 minutes.

### Nutrient Analysis per Serving:

Calories: 165, Protein: 18 g, Sodium: 150 mg, Fat: 5 g, Carbohydrates: 12 g

### Suggested Healthy Living food choices:

Chicken breast skinless, Soft light margarine, Whole Wheat flour, Light grated parmesan cheese

Northern


DESCARREAUX, DUBÉ
BÉRUBÉ, LAVIGNE & ASS.

QUEBEC LANDS SURVEYORS
CANADA LANDS SURVEYORS

Patrick Descarreaux, QLS, CLS.

- Registration plans for I.N.A.C.;
- GPS positioning;
- Certificate of location;
- Topographical plans;
- Technical descriptions;
- Construction surveying (implantation);
- Land development planning;
- Cartography

34, 9th Avenue West, La Sarre (Quebec) J9Z 1N7
Tel.: (819) 333-3155 Fax.: (819) 333-3126
E-mail: patd@lino.com
For more information on Canada Lands Surveyors:
http://www.acls-aatc.ca

Gareau
AUTO INC.

GM
Cadillac
Optimum VÉHICULES D'OCCASION

1100, 3e Avenue Est
Val-d'Or (Québec)
J9P 4P8

Bur.: (819) 825-6880
Fax : (819) 825-8980
1-877-625-6880

*Proud to serve the Cree Nation!*

gareauauto@gmcanada.com

# Will on the Grill

by Will Nicholls

I recently went to the Montreal Wine and Spirits Show, a great place to go and try out wines. You don't have to spend a mint finding what you like. They have a spittoon for those who like to taste but not swallow. I went there with the idea of trying to find wines for wild meat and for weddings. A way to cut down on some of the wedding costs is to have a traditional feast style meal. If that doesn't work you can give the caterer wild game. It may be rabbit, ducks, geese or fish but what a good cook can do with these meats is simply delicious. If you go for the rabbit see if he knows how to make a seven-spice cashew rabbit.

Back to the wines: There were two choices for dessert. The first was a Porto Pocas 1991 from Portugal. It had a distinct almondy taste that stayed with you. At $30.25, it was worth every penny. This would go great with an apple dessert, pecan pie or chocolate. The second choice came from Quebec from a winery called Le Ricaneax. I tried type after type of their berry wines. They were a true pleasure to smell and taste. Most decadent of all was the Crème de Framboise. They had little chocolate cups to put the crème into. I nearly died when it hit my taste buds.

Main course wines included Val delle Rose 2000 at $25.30. It has a smooth taste and a red that will cool you down. It has a fruity aroma and you can taste sunny Tocane in its flavour. Good for anti-pasta, spicy foods or red wild meat, try Henry Pelhon Baco Noir 2000 at $15.95, a fantastic buy with a strawberry with black pepper taste. Try this one with tomato based recipes or Thai food. Genisis Hougue starts at $20. This Washington winery puts out a chardonnay and a merlot. They're great with wild game and strong cheeses. Abbotts Cumulus 2000 prices in at $17.35. Very dry, very smooth. Good with steaks, spiced veggies, stir-fry and wild game.

Speaking of wild game, here are a few recipes for all you hunters and cooks who will be bringing home some country food this goose break.

## *Black Duck with Wine*

We get so many black ducks showing up around home I was glad to include this recipe:

2 black ducks, large
3 tablespoons butter
1 1/2 teaspoon salt
1/2 teaspoon thyme
3 onions, white, chopped
1 duck heart, chopped
12 oz wine, white, warmed
1 cup of cream

Cut ducks into serving pieces. Roll in flour and brown in butter and oil, turning often.

Sprinkle with salt and pepper and add thyme, basil, onion, parsley, giblets and wine. Cover and cook in 350-F oven for one hour.

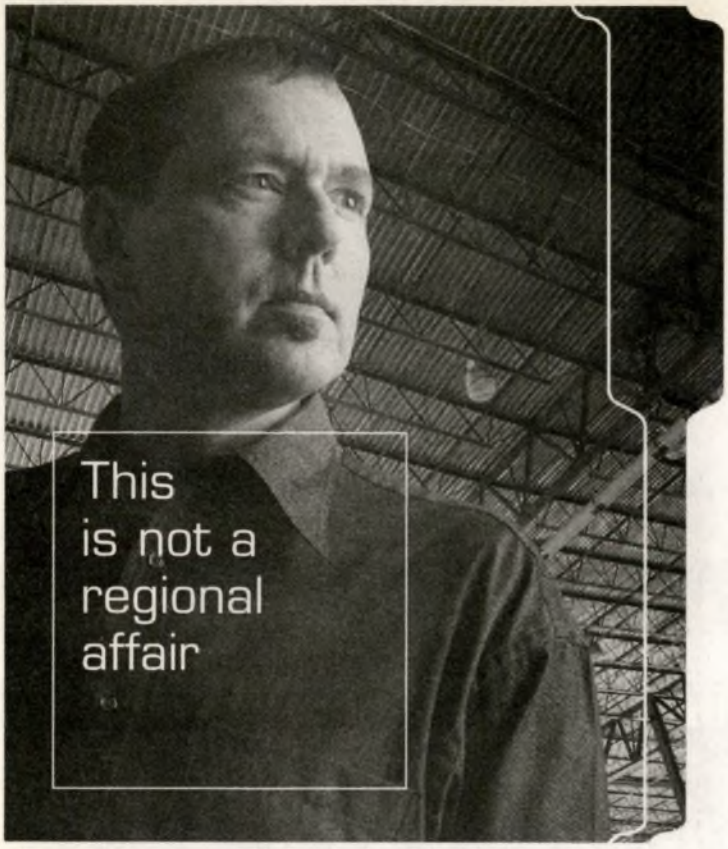
Add cream and cook for 20 more minutes or until duck pieces are tender. Serve in a warm platter with the gravy from the pan. Pintail ducks may be used in place of Black ducks.

## *Duck Breast Louisiana Style*

4 Duck breasts, halved
1 cup mushrooms, fresh, chopped
1 cup celery, chopped
1/2 teaspoon flour
1/2 teaspoon salt
1/4 teaspoon garlic salt

Cut duck breasts into finger-sized strips, cutting with the grain. Roll each in a mixture of 10 parts flour to one each of sage, salt, pepper. Brown in an iron skillet with one stick of margarine, keeping heat very low and turning often to avoid burning. When brown, remove meat.

Now add to skillet mushrooms, onion and celery and cook until soft. Add duck, crumbled bacon, thyme, garlic salt and extra 1/2 stick butter or margarine and simmer for 30 minutes, stirring frequently. Serve alone or over rice or noodles.




## But a region in business affairs.

Desjardins: locally committed to personal, commercial or institutional needs of Native development.

At Desjardins, we have everything you need to help you succeed.

**Caisse populaire Desjardins de Lac Mistassini**
**Mistassini Lake Caisse Populaire Desjardins**
136, Amanda, Suite 200, Mistassini
(418) 923-3289

**Caisse populaire Desjardins de Waswanipi**
**Waswanipi Caisse Populaire Desjardins**
5, route 113, Waswanipi
(819) 753-2576

**Centre financier aux entreprises Desjardins de l'Est de l'Abitibi - Abitibi East Financial Business Centre**
12, rue Principale Nord, Amos
(819) 732-0255

Desjardins

High values. Sound assets.

LOCATION LAUZON AMOS

## Equipment rental and retail sales

**Dealer**

Jonsered, Shindaiwa, Echo, Tanaka, Toro, Columbia, Ariens, Poulan, Kubota, Jiffy, Mitsubishi, Bosch

**Equipment**

Propane, Saw mill, Log splitter, Air compressor, Water pump, Generator...

**LOCATION LAUZON AMOS**
421 Principale Sud Tel: 819-732-2652
Amos, QC J9T 2K2 Fax: 819-732-1825
www.locationlla.com

Sports Plein air GAGNON
*Le service c'est notre priorité*

Ventes et réparation

Pièces et accessoires

**Jean-Marc Gagnon, prop.**

**215, 3e Rue Chibougamau, QC G8P 1N3**

Tel: **418-748-3134**
Fax: **418-748-7324**

- **motos**
- **motoneiges**
- **scies à chaîne génératrices**
- **moteurs hors-bord bateaux**
- **réparations de moteurs (2 temps & 4 temps)**

E-mail:
**sportsgagnon@sympatico.ca**

Site Web:
**sportspleinairgagnon.zip411.net**

YAMAHA

## Barbecued Duck

2 large mallards
1/2 cup butter (melted)
2 tablespoons orange juice
1 tablespoon lemon juice
1/4 cup onion [chopped]
Tabasco sauce to taste
2 tablespoons Worchestershire sauce
1/2 teaspoon garlic salt
1 medium onion [quartered]
1 medium potato [quartered]

Rinse the ducks and pat dry, then par-boil them in a large saucepan, and drain. Sprinkle with salt to taste. Combine the butter, juices, chopped onion, Tabasco sauce, Worcestershire sauce, garlic salt, and pepper to taste, mixing well.

Fill the ducks' cavities with the quartered onions and potatoes. Make a slit in each side of each breast. Place on rack in roasting pan and brush each with the butter sauce. Cover loosely with foil and bake in a 375F oven for 10 hours or until tender, basting with sauce every 10 to 15 minutes.

Remove the foil and bake an additional 20 minutes or longer until browned.

## Burgundy-Basted Duck

I find that burgundy, while being an amazing wine to have with wild meat, is also a great wine to cook it with.

4 1/2 lbs. duck
1/4 cup burgundy wine
1/4 cup lemon juice
1 tablespoon melted butter
1 tablespoon Worcestershire sauce
1 clove garlic; minced
1 teaspoon salt
1 teaspoon dried marjoram
1/4 teaspoon pepper
2 drops bottled hot pepper sauce

With a fork, prick skin of duck all over at approximately two-inch intervals. Place metal rack or trivet in bottom of slow-cooking pot. Set duck, breast side up, in pot.

Combine Burgundy, lemon juice, butter, Worcestershire sauce, garlic, salt, marjoram, pepper, and pepper sauce. Brush about half the sauce over duck. Cover and cook on low for 7 to 9 hours.

If possible, remove excess fat,

brush duck with more sauce, and turn duck once during cooking. Remove excess fat again at end of cooking time on low. Then turn control to high, brush with remaining sauce and cook a final 30 minutes. If a browner bird is desired, it may be placed on a broiler pan or heat-proof platter and browned in 400F oven for about 15 or 20 minutes.

## It's just Ducky Stuffing

2 cups warm cooked rice (can be white, wild or mixture)
1/2 cup dried currants or raisins
1 cup blanched almonds, finely chopped
1/2 cup finely chopped onions
4 tablespoons unsalted butter, melted
1/3 cup fresh basil, minced or 2 teaspoons dried
1/2 cup fresh parsley, minced or 2 teaspoons dried
1 egg (if using as stuffing)
1 teaspoon salt
1 teaspoon fresh ground black pepper (can use regular)

To make duck stuffing, place the warm rice in a mixing bowl. Stir in currants, almonds, onion, butter, basil, parsley, egg (if using), and salt and pepper to taste. Mix thoroughly.

Use to stuff a duck for roasting or spoon into a baking dish, cover tightly with foil, and place in a 350 degree F oven until heated through, about 30 minutes. Alternatively, heat in a microwave oven for about 5 minutes.

* Currants should be plumped in hot water to cover and drained.

## The Duckster

Once in a while I get to eat this one and I just love it. Don't know who gave me the recipe but many thanks. When I tried it out, I was in taste heaven.

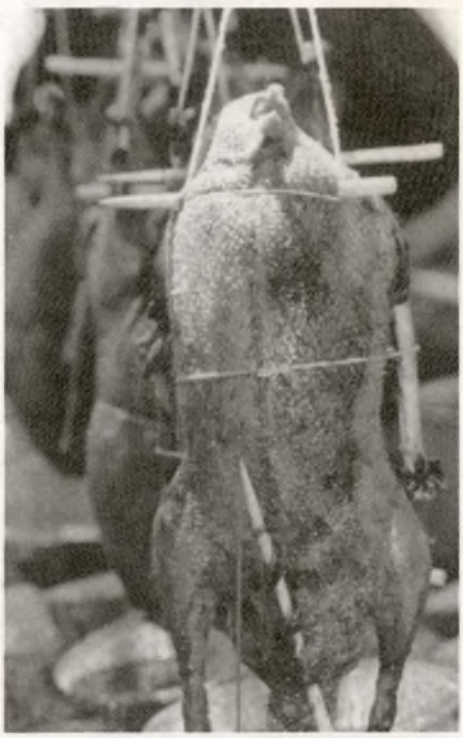
5 lb duck
2 teaspoons salt
1 1/2 cup white wine
1 clove garlic, minced
1/4 cup lemon juice
1/4 cup sliced green onions (or 1/2 shallots)
1/4 cup chopped parsley

Wash and dry duck. Mix wine, lemon juice, salt, garlic, parsley and green onions. Pour over duck, marinate at least 4 hours, turning several times. Remove duck from marinade and put in roasting pan.

Prick the skin with a fork to allow fat to escape. Roast at 325F for 2 1/2 hours or until done.

## Old Factory Molasses Goose

10 lb. goose
1 cup molasses
2 teaspoons bottled hot pepper sauce
1 teaspoon ginger – finely chopped
1/2 teaspoon coarse black pepper
1 teaspoon garlic – chopped
salt to taste



c@m
Internet 2002
10th Anniversary

worldwide connectivity
*56k V92 dialup access
*high speed ADSL
*fiber optic
hosting
web design
servers rental
co-location
web casting services
(live or on-demand)
security
on-line transaction

CAM Internet
3981 St-Laurent suite:500
H2W 1Y5
tel:(514)529-3000

PETRONOR

Distributeur de produits pétroliers
et de lubrifiants de qualité
sur tout le territoire de la Baie-James.

Distributor of fine Petroleum Products
and lubricants all over
the James Bay territory.

1452, rue de la Québécoise
C.P. 310
Val-d'Or (Québec) J9P 4P4

Tel: 819-824-5505 • Fax: 819-824-5420

*« Une nouvelle image,
le même engagement. »*

*« A new image,
the same commitment. »*

CREE ENERGY DISTRIBUTION OF CANADA INC.
DISTRIBUTION D'ÉNERGIE CRIE DU CANANDA INC.
Produits Pétroliers

The *Centre de formation professionnelle de la Jamésie*, in partnership with the *Cree School Board continuing education*, offer you the training

INDUSTRIAL CONSTRUCTION
AND MAINTENANCE MECHANICS

Access to permanent jobs at Hydro-Québec
for the Cree Nation within the agreement
*"Eeyou Apatisiiwin Niskamon"*.

**Beginning : August 30th, 2004**
**End : June 30th, 2006**

Length of program : 1,800 hours
Training locality : Chibougamau
Education language : French
Certification : DEP (Vocational training)

FOR INFORMATION OR REGISTRATION

Contact your *local*
*continuing education office*
in Mistissini at

**(418) 923-3347**
or
**1-866-440-0445**

Commission scolaire
de la Baie-James
**(418) 748-7621, ext. 2227**

Preheat oven to 425F. Remove giblets from goose to use another time or discard. Rinse goose in cold water, removing as much fat as possible from body cavity.

Pat goose dry with paper towels. Pierce skin all over with prongs of large fork. Season goose with salt inside and out. Arrange breast side up on rack in large shallow roasting pan. Roast at 425F for 15 minutes. Reduce oven temperature to 350F.

Continue roasting for 20 to 23 minutes per pound until thermometer inserted between leg and thickest part of thigh registers 180F. (Make sure thermometer does not touch bone.) Drain off all fat from pan.

Brush some of molasses glaze completely over goose. Continue roasting 20 minutes, brushing with molasses mixture after 10 minutes.

Remove goose from oven. Cover with foil and let stand 15 minutes before carving.

***Molasses Glaze:***

In medium bowl combine molasses, bottled hot pepper sauce, ginger, garlic and coarsely ground black pepper. Mix well and set aside.

## *New Traditions Wild Goose*

Traditions have to start somewhere.

1 Goose
3 Onions
2 Apples
2 Strips bacon
1 Carrot
1 celery stalk
1 bay leaf
3 sprigs parsley
1/2 teaspoon thyme
2 cans consomme
1 cup dry red wine
1 tablespoon cornstarch
Salt to taste

Soak plucked and cleaned goose overnight in well-salted water.

Rinse and dry, then stuff with 2 onions and 2 apples, both quartered. Place breast side up in open roaster pan and cover with 2 strips thick bacon. Brown in 475F oven until bacon is crisp. Take all fat from pan and discard. Remove bacon. Add to the pan 1 onion, quartered, 1 carrot, quartered, 1 chopped stalk of celery, 1 bay leaf, 2 or 3 sprigs of parsley, 1/2 teaspoon thyme, 2 cans consommé with 2 cans water, and 1 cup of dry red wine.

Cover the pan and roast at 375F for 2 to 2-1/2 hours, basting often.

Goose should be done so that meat will readily pull off carcass. Remove goose from roaster and place on warm platter.

Strain the gravy and thicken with 1 tablespoon cornstarch mixed with 2 tablespoons cold water. Correct seasoning if necessary. Serve with wild rice.

## *A Simply Nice Goose Stuffing*

1 1/2 cups wild rice
1 egg
1 tablespoon poultry seasoning or 1 bullion cube ground up
1 medium onion
1 cup mushrooms (dry and shiitake if possible as they have a nice taste)
pepper and salt to taste

Cook 1 1/2 cups (raw) wild rice in about 5 cups of water. Drain and chill overnight.

Add soaked, cut up dry mushrooms along with their soaking water with an egg beaten into it.

Add a tablespoon of poultry seasoning, a sautéed onion, plenty of salt and freshly ground pepper. Mix together and put in goose cavities.

## *Chinese Honey Goose*

1 whole goose

***Honey Syrup Mixture***

1 lemon
4 cups water
3 tablespoons honey
3 tablespoons dark soy sauce
2/3 cup rice wine (sake) or dry sherry

Rinse the goose well and blot it completely dry with paper towels. Insert a meat hook near the neck.

Using a sharp knife, cut the lemon into 1/4-inch slices, leaving the rind on. Combine the lemon slices with the rest of the honey syrup ingredients in a large pot and bring the mixture to a boil.

Turn the heat to low and simmer for about 20 minutes.

Using a large ladle or spoon, pour this mixture over the goose several times until all of the skin is completely coated.

Hang the goose in a cool, well-ventilated place to dry for 4 or 5 hours, or hang it in front of a cold fan for about 3 hours – in either case, the longer the better. Once the goose has dried, the surface of the skin will feel like parchment.

Preheat the oven to 475F. Meanwhile, place the goose on a rack in a roasting pan, breast side up. Put 2/3 cup of water into the roasting pan. Now put the goose into the oven and roast it for 15 minutes.

Reduce heat to 350F and continue to roast for 1 hour and 10 minutes.

www.coqroti.com

le Coq Rôti

Fresh garden & Caesar salads

Succulent roasted grain fed chicken

Magnificent desserts

Delicious spare ribs & baby back ribs

Pizza dishes & tasty pastas

Breakfast

Hours:
Sunday to Wednesday 7am to 10pm
Thursday to Saturday 7am to 11pm

Les Restaurants Le Coq Rôti
453, 3e rue
Chibougamau, Qc
G8P 1N6
Tel: (418) 748-1144
Fax: (418) 748-2644

Seats 150

Assurances Legault & Bilodeau

Kathy Cahill
Insurance Broker/ Automobile insurance
kathy.cahill@cablevision.qc.ca
W: 819-737-2455
H: 819-825-0283
Cell: 819-856-0679

Luc Lafrenière
Insurance Broker/ Automobile insurance
lafreniere.luc@cableamos.ca
Tel: 819-737-2455
819-737-2456
Fax: 819-737-2104

INTER GROUPE
790, 10e avenue, P.O. Box 999
Senneterre, QC J0Y 2M0

WACHIYA • WELCOME • BIENVENUE

Auberge Nouvelle Frontière
10% off 1st night

Pacini
10% off one meal

2900, Route 111 est, Amos, QC J9T 3A1
nouv-front@cableamos.com
Toll free: 1-888-732-1666
Tel: 819-732-8307
Fax: 819-732-0974
www.nouv-front.qc.ca
Tel: 819-732-3121

Snowmobile package available
Meeting Room

SOMA AUTO INC
Ford Dealer in Amos
F-150 Pick-ups
Econoline
Freestar Vans
We Repair All Models including
Body Shop Services

Come Try Us Out !

Marc Cossette
Sales Rep
42, 10e Avenue Ouest
Amos Qc, J9T 1W8
Tel : (819) 732-3205
Fax : (819) 732-8111
soma.auto@cableamos.com

Ford
SOMA
No Charge Dial
1-866-468-3205

# UNDER THE NORTHERN SKY

## WILD TASTES

by Xavier Kataquapit

Our family could always rely on our mother Susan to provide every member of our group with a nourishing meal during the day. We were lucky to have a mom who was capable of preparing meals for two daughters and seven sons. Mom was a great cook, one that could prepare common Canadian meals like homemade lasagna, shepherd's pie or meat loaf. When I think about it now we were also fortunate to have mom cook us traditional meals on a regular basis while we were growing up. Now that I don't rely on mom to supply my meals on a regular basis, I miss the food that she prepared for our family in Attawapiskat.

One of the tastes that I miss the most is the wild food. She grew up on the land with her family during a time when our people relied on sustenance from the land. Mom learned from her own mother how to prepare almost every type of wild meat that was hunted or fished from the land.

In the winter, we relied on a frozen supply of fall moose. This was preserved as ten pound blocks of frozen meat. For a quick meal the frozen block was shaved into flakes of meat that could be fried with onions, flour and some water. This was a great meal after a long ride in the cold or a hard day's work in the freezing weather. Another taste we enjoyed during the winter was wild caribou meat. Many people in the community went hunting during the coldest part of the year. This is the best time to reach the caribou herds in the north or inland on the frozen marshlands. Mom prepared this wild delicacy in stews with potatoes, carrots and onions.

Another meal with caribou meat we all enjoyed was our aunt's special caribou meat pie. Aunt Josephine, mom's younger sister, is originally from north of Attawapiskat where their family lived, but for many years she has raised her own family in Fort Severn on the Hudson's Bay coast. This region is a natural home to the caribou. Aunt Josephine has learned over the years how to use this traditional source of food to feed her family. She has her own special recipe for caribou meat pie. Whenever she arrived for a visit to our home we looked forward to tasting her combination of spices, vegetables and fresh wild caribou meat inside a perfect pastry pie crust.

In the spring time, we looked forward to fresh goose. Although we had this treat almost all year round in our freezer; it was always best to have it fresh. When the first signs of spring thaw began, everyone in the community looked forward to that first meal of fresh roasted goose. As soon as the spring hunt began, we could enjoy goose in several different ways. The most traditional method was to have it roasted with very little additions, or with potatoes, carrots, onions and stuffing. For those who did not want to wait until they brought it home, the fresh goose was roasted over an open fire on the land. This is another tasty option that many people in my community enjoy. When the geese were brought home, other traditional methods were used to create different tastes. After much work and effort, geese were smoked or gutted, delimbed and prepared for freezing. The finished smoked goose was mostly a spring time meal that was enjoyed for about a month or two, but was sometimes frozen for later use. Another traditional method of keeping smoked goose was to preserve it in animal fat or in salt and then it would be store it in a cool location.

In addition, the springtime goose hunt included other tasty treats such as barbecued goose hearts, gizzards and wings over an open fire. Although this might not sound too appetizing to many people, it is a taste that is enjoyed by many of the James Bay Cree during this time of year.

During the summer we relied on our store of wild meat but we also enjoyed an annual supply of wild blueberries or red berries harvested from the land. These were made into jams which were eaten with bannock.

Throughout the year we always had our tea, which is still a familiar drink for me. This bitter drink was mixed with canned milk and sugar. This is something we all enjoyed during the coldest months or at hottest period of summer. A traditional drink with tea that many Elders enjoyed was tea ploss, which was a mix of tea, flour, lard and sugar. This is a combination of tastes that many young people, including myself, did not really enjoy but to many older people, it is a drink that is known to have saved many lives.

Although I now enjoy a diet of mostly non-Native foods I look forward to meals like goose or moose from the north. I wonder how the goose hunt is going this spring? Maybe a frozen goose will find its way to me....hint, hint.

# Welcome Wachiya

Thanks for shopping at

**PLACE CENTRE-VILLE D'AMOS**

28 boutiques to serve you

provigo · rio · Marla · unipaix · Bentley · MAG · IRIS · SHAMAN · LE SNACK · SAAN · Reitman's

*If you go elsewhere,*
*you'll miss the best!*

ᐃᓕ ᐃᔨᑕᓐ,
ᓂᒥ ᒪᑭ ᐊᐱᑦᑕ ᒪᑐᐤ ᑲᑎᒪᔨᓂᓕᒫᑦ.

**82, 1e Avenue Est Amos**



COMMISSION SCOLAIRE HARRICANA

CENTRE DE FORMATION

Le Centre de formation Harricana offre le programme de secrétariat. La formation offerte dans ce secteur débouche sur des carrières très intéressantes. Si tu aimes le travail de bureau et l'informatique, la formation en secrétariat peut s'avérer un excellent choix. C'est un poste pivot dans une organisation et la diversité des tâches en fait un travail intéressant.

The Centre de formation Harricana offers the Secretarial Studies Program. The training offered in this sector opens doors to very interesting careers. If you like office work and computer technology, the Secretarial Studies Program can prove to be an excellent choice. It is a key position to any organization, and the diversity of the tasks makes of it an interesting job.

**Pour de plus amples renseignements, consulte notre site Internet au: http://cfh.csharricana.qc.ca ou téléphone au (819) 732-3223.**

**For more information, consult our Web Site at: http://cfh.csharricana.qc.ca or call (819) 732-3223.**



LES MINES INMET

**Inmet Mining Corporation**
**Troilus Division**

**JOB OFFER # 264**
**SENIOR ENVIRONMENT TECHNICIAN**
**(Permanent-Environment)**

The Troilus Division is presently searching for a SENIOR ENVIRONMENT TECHNICIAN (Environment) to join a dynamic team. The Troilus Division is a gold and copper open pit mine. The mine site is located at 175 km north of Chibougamau by way of the "Route du Nord". The selected candidate will work on a 7/7 or 4/3 schedule (7 days of work, 7 days off or 4 days of work, 3 days off) and will be lodged at Troilus's comfortable facilities.

## Required qualifications :

To hold a college diploma in environment or the equivalent. To have five to ten years experience in environment. Require basic knowledge of the following softwares : MS OFFICE (Word, Excel). Good French and English required (spoken and written). Possess a valid driver's licence. Work experience in a multicultural environment would be considered an asset.

## Main responsibilities :

- Manage and dispose of dangerous waste according to the WHMIS system;
- Proceed to water sampling in relation with the environmental follow-up program;
- Proceed to the inspection tour of the premises under the department's responsibility and produce a follow-up of the required remedial actions;
- Perform hazardous waste management according to procedures and applicable laws, and ensure proper hazardous waste warehousing;
- Keep procedures up-to-date, circulate them to employees and ensure they are applied according to policies;
- Provide assistance when a spill occurs; see to the environmental follow-up including sampling and contaminated waste material disposal;
- Participate actively to incident analysis and propose proactive measures to prevent accidental spills in the environment;
- Perform other duties as required.

## Particularities and remuneration

Inmet Mining Corporation offers a competitive salary. The position is addressed to men and women. Inmet Mining Corporation encourages the hiring of Crees and thanks all applicants of their interest, but advises that only those selected for an interview will be contacted.

Those interested are to send their Curriculum Vitae, not later than June 11th 2004 to :

Human Resources Department
Inmet Mining Corporation Troilus Division
Fax : (418) 748-8340 / (418) 748-3033
E-mail : troilus.rh@inmetmining.com

# CLASSIFIEDS

## 100 – BIRTHS

**Congratulations to** my brother and his wife, Robert and Nancy Mameanshum on the birth of their baby boy Robert Isaiah Jr. on May 4, 2004 on his dad's b-day. Anyway happy birthday Robert Sr. take care of your little one, I Love ya'll. Love: Priscilla CC & William C.

**Congratulations** to my bro Harvey and his girlfriend Sonia on the birth of their new baby boy on May 7 2004. Wishing you all the best on your new little bundle of joy. Now Neil won't be a loner anymore....lol, Anyways congrats, much love from Neebeesh and Margaret

**We would like to** congratulate Isabelle and Patrick from Kawawachikamach on the birth of their new baby girl, Kennethia-Rubie Hailey Lucy, born on April 22, 2004, 7 lbs 3 oz in Sept-iles. Now Francis (Bagetatee) has a new baby sister. We love you guys! Love, Lazarus, Loretta, Jobena (Kawawa)

**We would like** to welcome our new baby sister into this world, Mya Beauty Amber, born on April 27, 2004 in Val d'Or, weighing in at 9 lbs 30ozs. We love you soo much. With Love: Big Brother Marcus and sister Marisa (Wask)

**Congratulations to** Mr. & Mrs. Darren MacLeod (Joy Matoush) on the arrival of their first 7lbs 15oz bundle of joy…a beautiful baby boy on May 4, 2004. Always remember that your son is a blessing from God and that both of you are entrusted to care for him. We know that you will always shower him with your love as you have done with April (Big Sister).

## 101 – BIRTHDAYS

**Happy belated** birthday to Jacob Coon-Come hope you have fun on your special day, don't party too much, one night is good enough not the whole weekend! J/K. don't have to many girlfriends. We will party at GWILLIM on May 21, well that's it for now take care. From: PLCC. CCC

**We would like to wish** a happy 23rd Bday to Oliver Icebound on May 26, 2004. Don't party too much Eh, Just Joking. Once again "Happy Birthday & many more to come". And to me on June 2, 2004. Love Rosetta, Charles, Roselyn & George Matches (Wemindji)

**This Birthday Wish** Is Going Out To My Uncle Andrew Matoush (andihloo mats) On The 17th Of May...HAPPY BIRTHDAY!! ANDREW AND MANY MORE TO COME....With Love Your Niece Andrea M Blacksmith (Mist)

**We would like to wish** a Happy Belated Birthday to my mother Sarah Matoush (sel mats) on the 27th of April...we wanted to let everyone know how much you mean to us and that we love you so dearly!!...ONCE AGAIN HAPPY BELATED BIRTHDAY MOM!!...from, Maggie & Jimmy Blacksmith

**Happy Belated Birthday** to my grandma Sarah Matoush on the 27th of April...I LOVE YOU SOOO MUCH GOOKUM even though I don't listen to you at times but I love you so dearly from the bottom of my heart...Once Again HAPPY BELATED BIRTHDAY!! from your first and oldest grandchild, Andrea M.B/Smith xoxoxox

**We would like to** wish the following ppl a very happy birthday Anthony Douglas on May 4, Violet House on May 14, Elmer Josie Sam and his mom on may 19, Edith Sealhunter on May 19 and to Christine Kitty on May 25 We hope you all had fun on your b-day from Neebeesh and Margaret

**We would like to say** a Happy belated Birthday to our dad Edward Matoush on May 6th, 2004. In Mistissini, hope you had fun on your birthday, We love you & miss you both very much. Once again Happy Belated Birthday Dad....Love Always: S.S.M.S , E.G.S & C.G.M.S (in wemindji)

**We, the friends of Roxanne** Hughboy would like to wish her a Happy ?? Birthday on May 27. Hope you enjoy your day and don't party too hard...J/K! It's your day, you do whatever you want but just take care of yourself on that special day of yours. From your buddies in Wemindji.

**Happy Belated Birthday** to Philip John Weistche on May 9/04. Many more to come. We Love You!! From all of us at 316 Wiinibek St in Wask.

**We would like** to wish a Happy 8th Birthday to our son Thomas Atsynia, Happy Birthday and many more to come we love you very much! Love Mom and Dad (wemindji)

**We would like** to wish a happy 19th birthday to our brother and uncle Aaron Bearskin. He was celebrating his birthday on May 11. We hope you enjoy your day. We love you bro and uncle. Love: your sister Esther, Melanie, Kristen and Pierrette and your two little nieces Myra and baby Merielle xox

**My grandpa Rennie** was celebrating his birthday on May 5. Happy belated birthday Renniesh. Hope you enjoy your day and hope you had fun hunting. I love you and I know you love me too. Love always Myra Tawnee (Wask) xoxox

**We would like** to wish a happy birthday to this little guy Khayden Otter-Rupert. He'll be celebrating his 3rd birthday on May 24. We love you and we know that god is with you everyday "BE STRONG LITTLE GUY" and we hope you'll get well soon. Love and prayers: Myra Tawnee and my little sister Merielle (Wask) xoxox

**Guesse who's celebrating** his birthday on May 22? My daddy Myles Blackned. Happy birthday DAD. I love you and I miss you a lot. Hope you have a wonderful birthday, I wish I could be there with you celebrating your day. With all my love, your little daughter Myra Tawnee Blackned. OH, by the way DAD, I'm going to school this year, I'm so anxious. I can't wait. P.S. When are you coming home, Call me sometime. Love You. xoxoxoxoxox

**We would like** to wish our Grandpa Ernest a happy belated birthday on May 18. Hope your day was special as special as you are to us, And also would like to wish our cousin KOHL a happy 4th birthday on the same day. Hope you're still enjoying your time at the daycare. We miss you so much, and hope you come back home soon. With love: your cousins/Grandchildren Marcus, Marisa and Mya (Wask) P.S. Take Care in Val d'Or.

**We would like** to wish a happy belated birthday to our uncle, who's birthday was on April 20. Don't think we forgot your birthday, we did think about you on your special day. And hope you had a great time wherever you were. Take care of yourself especially when you go to Montreal again. We miss you so much, Harold. Love from Marcus, Marisa and baby Mya. (Wask)

**We'd like to wish** a happy second birthday to a little guy from Ouje-Bougoumou, Donovan Lee Jolly-Dixon on May 27. We didn't forget to wish you a happy birthday, We love you, From your cousins in Wask.

**Happy Belated 6th** Birthday to the Big Sister April on April 19th 2004. You are truly a blessing to show the faith that you have in God by laying your hand on your mommy's tummy last fall and praying for

CRTC

## CRTC PUBLIC NOTICE/ AVIS PUBLIC DU CRTC

Canada

1. BAIE JAMES (CAMP CHAMPION AND LA GRANDE2) (CAMP LA GRANDE1 (LG1)), (CAMP LA GRANDE3 (LG3)), (CAMP GUYER), (CAMP KEYANO) (LG4)), (CAMP NIKAMO (LA1)), (CAMP LAFORGE2 (LA2)) AND (CAMP BRISAY), Qc. **NORTHEAST SOCIAL CLUB** requests authority to amend the licence of its radiocommunication distribution undertaking serving Baie James by adding transmitters to distribute, in non-encrypted mode, the programming of various radio stations. For more information, please consult the public notice. EXAMINATION OF APPLICATION: Brisay Centre Socio Culturel, Baie-James, Qc. If you wish to support or oppose an application, write to the Secretary General, CRTC, Ottawa, Ont., K1A 0N2. You may also file your intervention by fax at (819) 994-0218, by e-mail at: procedure@crtc.gc.ca, or by using the "*Intervention/Comments Form*" found on the CRTC's website under the "*File and Register*" button. Your comments must be received at the CRTC on or before **4 June 2004** and MUST include the proof that you sent a copy to the applicant. All information submitted, including your email address, name and any other personal information as provided, will be posted on the CRTC's web site. For more information: 1-877-249-CRTC (Toll-free) or Internet: http://www.crtc.gc.ca. Reference document: Public Notice CRTC 2004-29.

1. BAIE JAMES (CAMP CHAMPION ET LA GRANDE2) (CAMP LA GRANDE1 (LG1)), (CAMP LA GRANDE3 (LG3)), (CAMP GUYER), (CAMP KEYANO) (LG4)), (CAMP NIKAMO (LA1)), (CAMP LAFORGE2 (LA2)) ET (CAMP BRISAY) (Qc). **CLUB SOCIAL DU NORD-EST** demande l'autorisation de modifier la licence de son entreprise de distribution de radiocommunication desservant Baie James en ajoutant des émetteurs afin de distribuer, sous forme non codée, la programmation de diverses stations de radio. Pour plus d'informations, veuillez consulter l'avis public. EXAMEN DE LA DEMANDE : Brisay Centre Socio Culturel, Baie-James (Qc). Si vous voulez appuyer ou vous opposer à une demande, vous pouvez écrire à la Secrétaire générale, CRTC, Ottawa (Ont.) K1A 0N2. Vous pouvez également soumettre votre intervention par fax au (819) 994-0218, par courriel au: procedure@crtc.gc.ca, ou en utilisant le «*Formulaire d'intervention/observations*» trouvé sur le site web du CRTC sous le bouton «*Dépôt et Inscription*». Vos commentaires doivent être reçus par le CRTC au plus tard le **4 juin 2004** et DOIVENT inclure la preuve qu'une copie a été envoyée au requérant. Toute information soumise, incluant votre adresse courriel, votre nom ainsi que tout autre renseignement personnel que vous nous aurez fourni, sera disponible sur le site Internet du CRTC. Pour plus d'informations: 1-877-249-CRTC (sans frais) ou Internet: http://www.crtc.gc.ca. Document de référence: Avis public CRTC 2004-29.

Canadian Radio-television and Telecommunications Commission

Conseil de la radiodiffusion et des télécommunications canadiennes


Le Nord

Boutique Déco Val-d'Or

Carpet • Blinds • Paint • Ceramic • Cushion
Floor Hardwood • Laminated Flooring
Fabric • Etc. • Installation Service

Designer Services Available

Marcel Dubé
Owner
1488, rue de la Québécoise
Val-d'Or (Québec) J9P 5H4
Tel: (819) 825-6923
Fax: (819) 825-0076

# CLASSIFIEDS

a baby brother. You really blessed us when you said a thank you prayer to God after the birth of your brother. Deep in our hearts, April...we are very thankful of your faith and we know that you will be the best sister in the whole world. We love you very much and always remember that you are Grandma's and Grandpa's butterfly. We love you very much! Grandma and Grandpa (Allen & Marlene Matoush)

**I would like to** wish a HAPPY BIRTHDAY to my little sister Sharon Capissisit she celebrated her 10th birthday on May 3, 2004 Which isn't so little anymore, I'm sorry I couldn't be there to share your day with you, I'm sure u had a great one right! With love Minnie. C.

**I'd like to wish my** mom Clara Capissisit A Happy Birthday on May 20, 2004 mom there's no words that can express my love for you, we've been through a lot together, our ups & downs. But hope this cheers u up take this day and enjoy it all you can. I Love you from Minnie. C.

**I would like** to wish a special birthday greeting to someone very special in my life, my mom Valerie Jonah, She'll be celebrating her birthday on May 20/2004. Mom, you've always tried to help make everything right with my world. You've been there to laugh with me, to be proud of me, and to be happy for all the things in my life. And, maybe even more importantly, you've shared my disappointments and listened as I worked out my thoughts and feelings about so many things that troubled me as I was growing up. I've been thinking about all the times you've believed in me when I didn't even believe in myself, times you've understood me when I was difficult to understand, times you've encouraged me when I needed the most...But more than these things, I've been thinking about the unfailing love which has followed me through all the stages of my life. That's why thoughts of love, bring thoughts of you to mind, because there's no one who understands the meaning of my true love better than you do. I just want to thank you for that!!!!...HAPPY BIRTHDAY MOM, HAVE A BLAST YOU DESERVE IT...Luv Ya!!...Love Always: Christina Jonah (Wask)

**Happy Birthday** Khayden Otter-Rupert and many more to come. We love you so much you're a strong little boy, . Love your Grandmother (Mary-Ann) and Grandfather (Ronnie)

## 104 – GRADUATIONS

**Congratulations** to our son-in-law Darren MacLeod on your graduation from Algonquin College this year. Enjoy your precious gift, which you will always love, hold and watch him grow...your beautiful baby boy! We love you very much! Your In-Laws (Allen & Marlene Matoush)

## 300 – PERSONALS

**I've been thinking,** MOM, about all the times you've believed in me hen I didn't even believe in myself, times you've understood me when I was difficult to understand, times you've encouraged me when I needed it most...but more than these things, MOM, I've been thinking about the unfailing love which has followed me through all the stages of my life. That's why thoughts of love bring thoughts of you to mind, because there's no one who understands the meaning of love better then YOU do. HAPPY MOTHER'S DAY

**We would like to wish** our Daddy's, Patrick and Lazarus, a Happy Father's Day and to our Grandpa Jimmy James! We love you very much! Love always, Francis and Jobena

**I would like to wish** my Godfather, Michel Dominique a "Happy Father's Day"! I hope he doesn't go CrAzY on his special day. LOL Your Goddaughter, Amy Lee Chemaganish

**I would like to** wish Edward Chemaganish a "Happy Father's Day"! He is one special guy. Love your Goddaughter, Brianna Sarah Scott

**We would like to** wish "Happy Father's Day" to John Scott of Fort Albany, Ontario. We would like to tell him that we love him very much and that he is in our hearts. God Bless You on your special day! Love, Frank, Minnie, Amy, Brianna, George, and John Chemaganish-Scott

**We would like to** wish "Happy Father's Day" to George Chemaganish of kawawachikamach, Quebec. We would like to let him know that we love him very much and may God watch over him in everything he does, especially when he is out there hunting. Love, Frank, Minnie, Amy, Brianna, George and John Chemaganish-Scott

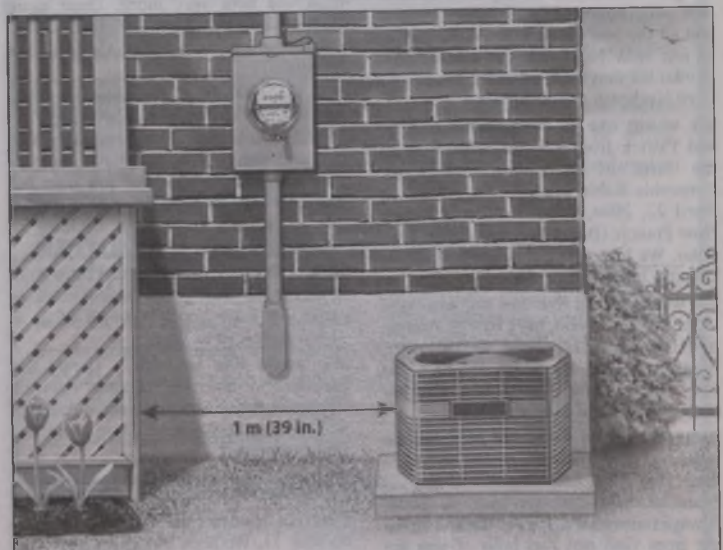
**We Would like to** wish a Happy Mother's Day to our Wonderful mom Hannah.G.Hester. We Love you very much and thanks for everything mom. Love from your children Patricia, Percy, Perry, Patterson and Lorena

**36' x 40' HOUSE FOR SALE** in Val dor. Wood floors. Electrical and oil heating. 3 bedrooms + 2 living areas (1 in basement) + 1 bathroom (renovated with ceramic flooring in 2003). Large kitchen area (renovated in 2003). Spacious living room. Finished basement. Lots of storage space, 20' x 23'heated and insulated garage. Fenced backyard with pave stone driveway. Just around the corner from the shopping center. This house includes a 3 1/2 apartment with appliances and furniture that can put for rent. If interested, please call Rene at 819-856-6706 or 819-824-6569.

**We want to say hello** to Kelsi and Kohl in Val d'Or. We miss you both very much. Also hi to our auntie Sabrina and to Pete. We hope you all come and visit again soon. We miss you all and take care. With Love: From Marcus, Marisa and baby Mya. oxoxo

**Happy Mother's Day** to Joy! You received a genuine and beautiful gift (a son) Love you all very much! Mom & Dad (Allen & Marlene Matoush)

**I'd like to say Hello** to my BUDDIE in Waswanipi, Shannon Isik What's up? I miss you so much I wish I could be there and have fun too (with ya?) so what's u doing down in Waswanipi? You should call me and get together sometime what do you think? From your Buddie in Ouje-Bougoumou 745-3722 (wanna break free)


Nice place you have there!

The balcony, the landscaping, the proper clearance around the electricity meter... nice place you have there!

**Our meter readers thank you.**

Hydro Québec



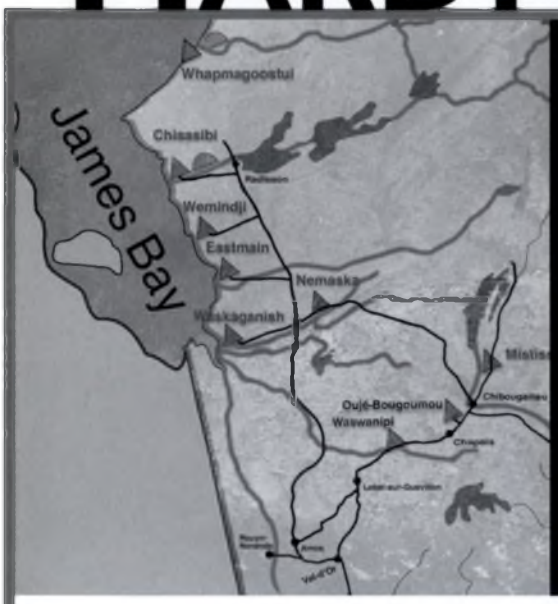
LIMO DANIEL

Fibre Optic Stretch Limos
Lincoln Town Car

24 hr service – Reservations
Montreal – Airport Service

514 237-6868

# HARDY RINGUETTE




## OUR CUSTOMERS come from ALL OVER

## The BIGGEST DEALER in REGION!

0% financing on ALMOST EVERYTHING!

Over 100 Pick-Ups and Vans in stock!

STERLING TRUCKS

Ford

LINCOLN

HARDY RINGUETTE

C.P. 610,
1842, 3e Avenue
Val-d'Or (Québec)
J9P 4P6

**Tél.: (819) 874-5151**
Fax: (819) 874-6835

Courriel:
hardyringuette@cablevision.qc.ca

# Your travel choice!

## Professionalism, discretion and reliability.

Air Creebec

*For reservations, charters or information, call toll-free: 1-800-567-6567*
*Or visit our website at: www.aircreebec.ca*